

Group Exercise Instructor - YOGA

POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Instructs group classes in a safe, enjoyable, and positive environment that welcomes people of all skill and fitness levels. Effectively builds community within the class. Modifies class as needed to meet varied health, ability and cultural needs.

ESSENTIAL FUNCTIONS:

1. Leads energizing, fun, safe, and educational group classes, as directed by the supervisor, to accomplish the YMCA mission and goals.
2. Asks and answers questions from program participants and members to support them in achieving their goals related to health and well-being.
3. Maintains working knowledge of wellness and trends to provide effective information and support to members.
4. Builds effective, authentic relationships with members; helps members and program participants connect with each other and the YMCA.
5. Observes and adjusts approach to support all participants' capabilities, physical conditions, health, and culture.
6. Celebrates achievement of program participants related to program or personal goals, mastering of specific skills or overall health and well-being.
7. Keeps accurate class attendance records.
8. Follows YMCA policies and procedures; responds to emergency situations.
9. Performs other duties as assigned.

QUALIFICATIONS:

1. Required certifications: CPR, First Aid, AED, national certification (ACE, NETA, AFAA, NASM) in group fitness instruction or YMCA Foundations of Group Exercise certification.
2. Certification in areas of expertise.
3. YMCA Healthy Lifestyles certification within 60 days of hire.
4. At least one year of experience teaching group wellness classes preferred.

WORKING ENVIRONMENT & PHYSICAL DEMANDS

- The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- Ability to conduct classes and activities.
- Ability to perform all physical aspects of the position; including leading class, walking, standing, bending, reaching, and lifting.

Pay rate range - **\$28/class**

Schedule – **Thursday evenings; possibly Sunday**

Complete application online at www.mv-ymca.org/our-y/career-opportunities

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